



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RECOGNIZE RESPOND RESCUE

YMCA OF GREATER DES MOINES Lifeguard Certification Classes

Learn how to effectively prevent and respond to water emergencies. Our courses are designed to arm you with the skills and knowledge to prepare you for a variety of scenarios in and around the water. You will learn how to quickly respond to emergencies both in the water and on land. You will also be trained on drowning and injury prevention, so you can better help those in need. Lifeguard certification classes require an online course to be completed prior to the classroom sessions.

Visit dmymca.org for class details..
Contact ann.peterson@dmymca.org



YMCA OF GREATER DES MOINES
501 Grand Ave., Des Moines, IA 50309
www.dmymca.org

SEPTEMBER	
<p>Lifeguard Certification</p> <p>Location: Indianola Dates: Sept 14 6pm-9pm Sept 15 10am-6pm Sept 16 10am-6pm Must attend all dates</p> <p>Location: Wellmark Dates: Sept 21 5pm-10pm Sept 22 10am-6pm Sept 23 10am-6pm Must attend all dates *Location changed from Ankeny</p>	<p>Lifeguard Review</p> <p>Location : Waukee Dates: Sept 7 5pm-10pm Sept 8 10am-3pm Must attend both dates</p>
OCTOBER	
<p>Lifeguard Certification</p> <p>Location: Wellmark Dates: Oct 12 5pm-9pm Oct 13 9am-5pm Oct 14 9am-5pm Must attend all dates</p>	<p>Lifeguard Review</p> <p>Location: Indianola Dates: Oct 5 6pm-10pm Oct 6 10am-5pm Must attend both dates</p> <p>Location : Wellmark Dates: Oct 8 5pm-10pm Oct 10 5pm-10pm Must attend both dates</p>
NOVEMBER	
<p>Lifeguard Certification</p> <p>Location: Indianola Dates: Nov 2 6pm-9pm Nov 3 10am-6pm Nov 4 10am-6pm Must attend all dates</p>	<p>Lifeguard Review</p> <p>Location : Waukee Dates: Nov 16 5pm-10pm Nov 17 10am-3pm Must attend both dates</p>

Already certified? Lifeguard certifications are valid for 2 years. To maintain your certification you must take a lifeguard review course no later than 30 days after your expiration date. Once the 30 day grace period passes you will need to take the full certification course to be eligible to work as a lifeguard.

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